

# BalancedLiving

## 2021 Monthly Webinar Calendar

Each month, the EAP features a **45 to 50 minute recorded webinar** with a subject matter expert. Webinars are featured on the **WorkLife Resources** homepage. You can login to the site at any time during the month the webinar is featured to view and submit questions.

MONTH	TOPIC	DESCRIPTION
JAN	<b>What Stress and Diet Have in Common</b>	In this session, we will learn the difference between normal and chronic stress and the effects of chronic stress on our hormones. You will learn stress management strategies and tips for eating healthy when stressed.
FEB	<b>Calm Down: Meditation and Relaxation Guide</b>	In this seminar, we'll review some of the most popular relaxation tools and how to integrate them into our busy lives. We'll discuss how to find and make time, even if you think you're totally overbooked already!
MAR	<b>Stress Relief for Caregivers</b>	This session will provide a series of simple steps to reduce your stress and avoid burn-out, including relaxation techniques, healthy sleeping habits, healthy coping skills, and building a system of support.
APR	<b>Living Debt Free</b>	This webinar is an interactive session that teaches how to break the chain of debt, so you can start building wealth and enjoying life. We will walk you through the process step by step, so you can start living debt free.
MAY	<b>Healthy Connections</b>	This session will review some simple steps for enhancing a sense of connection. We'll learn how some very small, sustainable changes can make a huge impact on both physical and emotional well-being.
JUN	<b>Innovative Decision Making: Problem Solving</b>	Join us for this experiential workshop and learn to: utilize multiple ways of thinking, frame problems as questions, use generative brainstorming, and suspend judgement in solving old problems in new ways.
JUL	<b>Respect at Work</b>	This session will discuss how to make sure your workplace is respectful of all employees and introduce strategies for both managers and employees to learn and maintain the respect we all want and deserve.
AUG	<b>Social Media for Parents</b>	Learn how to keep an open line of communication regarding your child's activity online, establish privacy, set proper boundaries, and monitor healthy usage.
SEP	<b>Bullying at Work</b>	Learn the strategies for responding to bullying, protecting yourself from bullying, what steps to take if bullying does not stop, the emotional impact of bullying, and what resources are available.
OCT	<b>Building Effective Teams in the Digital Workplace</b>	Interactive activities will show participants how to keep flexible and remote employees engaged and productive by leveraging technology, improving communication and implementing accountability.
NOV	<b>Reclaim Your Joy</b>	This fun, engaging seminar will help you tune in to what's most important and make a simple plan for incorporating more joy into your daily routine.
DEC	<b>How to Have Difficult &amp; Sensitive Conversations</b>	Whether it's asking your boss for a raise or telling your mother you're not coming home for the holidays, you can improve your confidence, clarity and kindness.

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